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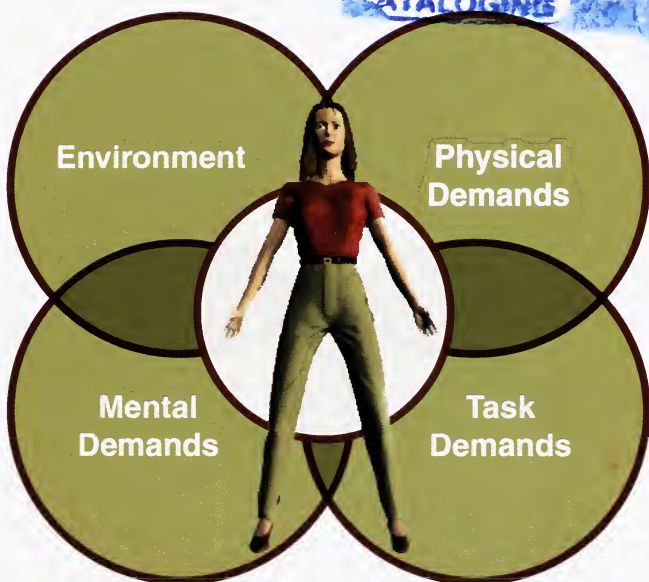


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United States Department Agriculture
Animal and Plant Health Inspection Service
APHIS 30-10-004

APHIS Ergonomics Program

Creating Healthy Workspaces
Through Healthy Work Habits





(Above) Ideal workstation setup. *(Below)* Use of proper lifting techniques.



What Is Ergonomics Anyway?

Fitting the job to the worker!

The APHIS Ergonomics Program is designed with the employee in mind. Our goal is to provide you with a working environment that minimizes stress and injury and helps you be productive throughout the day.

We try to prevent the occurrence of disorders of the musculoskeletal system—muscles, joints, nerves, tendons, ligaments, and spinal discs—through early detection. We provide ergonomic training sessions and perform worksite visits, in addition to making recommendations specific to your situation.

Inside this brochure, you will find the various areas that are addressed through the APHIS Ergonomics Program.

Ergonomics Program Components

Office

- Is your keyboard in front of you?
- Is your mouse next to your keyboard?
- Is your monitor at eye level?
- Do you have adequate lighting?

Industrial/Field

- Do you use safe lifting practices?
- Are you driving long distances?

Laboratory

- Do you perform repetitive activities, such as pipetting tasks?
- Do you use a microscope?
- Is your laboratory workbench at the right height for your work?



(Above) Poor wrist posture. (Below) Use of improper lifting techniques.

Work Habits

Is job rotation a part of your normal work schedule?
Do you take a micro-break at least once an hour?
Do you perform exercises throughout the day?

Lifestyle

Are you eating enough meals and the right types of foods to maintain a balanced diet?
Do you obtain 7–8 hours of sleep each night?
Do you exercise most days of the week?

Each of the above components plays a major role in how we perform our work each day. When a component goes unaddressed, musculoskeletal disorders may be the end result.

Ergonomics Services

- **Ergonomic evaluations**
 - Worksite
 - Workstation
 - Phone consultations
- **Training sessions**
 - Office
 - Laboratory
 - Industrial (especially back protection)
- **Equipment loans**
- **Video loans**
 - Back Protection—Defending Your Safety Zone
 - Office Ergonomics—It's Your Move

USDA–APHIS Ergonomics Program

If you are interested in working with the APHIS Ergonomics Program or have specific questions or concerns, please contact:

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